families worldwide

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Staying connected in challenging times

Mothers' UNION
Christian care for families

PRAYER DIARY: JULY-DECEMBER 2020
PULL OUT: MEMBERSHIP MAP

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Families Worldwide is a Mothers' Union members' resource supplement, published twice a year and distributed free to members and friends in Britain and Ireland. Overseas members and friends can receive a PDF copy via email from local provinces. *Families Worldwide* is translated into French, Spanish and Swahili.

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Dear sisters and brothers,

I write to you with the love and courage of Jesus Christ, our Lord and Saviour, because He is our strength, our hope and our solid rock.

So much has been happening recently as COVID-19 is declared a pandemic and governments are advising that we take the necessary precautions to avoid the spread of the virus. There is so much we have had to come to terms with in such a short time.

In times like these, I encourage you to take heart and do not fear because the Lord, your God is by your side - an ever present help in times of trouble. In Joshua 1:9 we read, 'I hereby command you: be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go. Amen.'

As members, you are bold and brave, full of courage and compassion, and so very loving and just like Esther you stand daily on the frontline calling for an end to injustices and advocating for all that supports stable families and communities.

You have been busy in these acts of love but now many of you are being called to be quiet and to self-isolate in an effort to prevent the spread of the virus. You will discover there is still so much we can do as members because as a movement we are ideally placed to support and act in this time, but only within the health advice given by your respective governments.

Families Worldwide is an excellent resource to guide your prayers for members across the globe and the stories in the zonal updates can open a good conversation. I can assure you that using this publication will give you the feeling of love and togetherness.

Lord Jesus Christ,
You said to your disciples,
I am with you always, even to the end of time.
Be with me today, Lord, as I offer myself to you.
Hear my prayers for others and for myself,
And keep me in your tender loving care always. Amen.

Yours in love and prayer,

Sheran Harper
Worldwide President

Korea, Myanmar, North India, South India, Sri Lanka

Trustee: Roshini Mendis
Mothers' Union members: 1,915,369
Population: 1.4 billion
Main languages: Hindi, Bermese, Korean and Sinhalese

Following MULOA, Mothers' Union members in Myanmar, Sri Lanka and Korea are now listening well to their communities to see what the real needs are. Mothers' Union is showing the community that it really cares about them. MULOA has shown them that they already have the resources they need within themselves and their communities to overcome their challenges.

Encouraging younger women to join MU in Sri Lanka is challenging. One of the reasons is the time factor because the young women are busy with their careers and children's schooling which can be very demanding. Life has become a sort of a race for them and it is stressful. In Myanmar the main challenge members face is the political situation in the country. The members are unable to reach out to some communities because they have to get government clearance to reach those areas and at times they do not succeed in obtaining permission.

Personally, as the Trustee for Zone A, my biggest challenge is to bring North India into the Mothers' Union worldwide family. South India Women's Fellowship is slowly responding to me and I praise God for it.

At Worldwide Council in 2019 we agreed upon a number of priority areas for our zone and decided that all our work should be centred on the following:

1. Education for children – in our countries there are many children who drop out of school due to the lack of finances for educational needs. When we support such children in their education it eases the burden in their family and also gives the children moral support. With a good education they will have better access to jobs.

2. Livelihood for women - in a lot of cases within rural villages the men are the sole breadwinners and the women are dominated by them. Sometimes the needs of the children are not addressed by the father. However if the women are trained in a skill and were to earn an income they will always give priority to fulfill the needs of their families.

3. Gender-based violence survivors - there are many survivors who suffer in silence because of the social stigma and also due to the lack of shelters and support for them.

4. Climate change – we want to educate our own members on how to minimise the use of plastics and the value of planting trees, and to be a good example for the younger generation in caring for creation.

Members from Sri Lanka and India praying at MULOA workshop

Stories of change

The Mothers' Union parenting programme in Myanmar is working well. A community of people of other faiths joined the programme and some of the parents are also in the micro savings group which is being supervised by Mothers' Union.

Through the parenting programme the mothers have learnt to be more patient and caring towards their children. This in turn has resulted in a change within the children who are now more confident, and they perform better in school. The mothers said that even their relationship with their husbands have improved due to the parenting programme.

Through the micro savings group the mothers have been able to achieve many things. One mother had managed to build her house and now runs a catering business at home and was very thankful to this programme.

Canada, South America, USA, West Indies

Trustee: Kathleen Snow
Mothers' Union members: 13,271 **Population:** 832 million
Main languages: English, French, Spanish, Wichi, Toba, Dutch, Papiamento

Mary

Jane with Kathleen

MULOA has had a significant impact in Zone B. It has energised our Mothers' Union members and encouraged them to become outward looking in service to their communities.

The joint meetings of the members from the different provinces in our zone has had a positive impact. They feel connected to one another, and are much more aware of what is going on in each other's countries. It has given them a more global outlook and has encouraged them to connect and support one another.

In South America, the majority of members of AMARE, in the Diocese of Northern Argentina, are from indigenous communities. Despite poverty and some conflict they are very faithful and resourceful. There is growth in membership in the urban areas too. AMARE has a new constitution which promotes good governance and guidance.

There are two parenting trainers, Mechi Tarragona serving the Dioceses of Argentina and Uruguay, and Flavia Vergara serving Northern Argentina.

Stories of change

In the Diocese of Jamaica and the Cayman Islands, two young women called Mary and Jane* were involved in the Parenting Programme. As an off-shoot, the facilitator introduced them to the skill training session where they were encouraged to think about what items they could produce themselves to sell at local markets. One began to crochet clothing items and the other made jewellery. Both have been successful.

They have since sought and obtained advice on how to register with the Jamaica Business Development Corporation (JBDC) and now have business cards. Both women will be seeking assistance to promote their products through "Things Jamaican", a chain of six retail outlets whose purpose is to promote craft development in Jamaica, and to showcase and retail the best and highest quality gift and craft items on the island.

**Names changed to protect identity*

Aotearoa, New Zealand and Polynesia, Australia, Melanesia, Papua New Guinea

Trustee: Libbie Crossman
Mothers' Union members: 45,323 **Population:** 113 million
Main languages: English, Maori, Niven, Solomon Island Pidgin, PNG Pidgin, Motu + over 700 local and island languages

We've discovered there's some misunderstanding of how the countries, provinces and dioceses in this zone are linked together so thought I'd use this space to explain!

The Anglican Province of Aotearoa, New Zealand and Polynesia, is the full title of the Province of New Zealand. It is made up of three streams and each had its own archbishop; Aotearoa is the Maori stream; New Zealand the European stream and Polynesia is for the Polynesians who live in Fiji, Tonga, Samoa, the Cook Islands as well as the Polynesians that have migrated to New Zealand. At present there are no Mothers' Union members that I know of in the Cook Islands. Fiji, Tonga, Samoa and Cook Islands are all separate nations in their own right.

The Anglican Province of Melanesia has members in three separate countries: Solomon Islands, Vanuatu and New Caledonia and one archbishop. Australia and Papua New Guinea (PNG) are not as complicated - two countries, two provinces!

Stories of change

Laura, one of the MULOA participants from PNG came up to me and said, 'This has been wonderful and I have learnt a lot, but I don't know if I am really able to go out and facilitate a MULOA workshop.'

Her local parish was asked if some of the members could assist with a dinner for one of the firms in the community. Laura could see how this fitted in with what she had heard at MULOA. Under Laura's supervision the group made tablecloths, set up the hall, did the floral arrangements and served the meal. 'It was wonderful. We wore our MU uniforms and we were asked by several people what MU was all about.'

When Laura arrived at her second MULOA she was bursting to tell her story. Her whole demeanour had changed. 'I learnt that I could do it, speak out in the community about Mothers' Union, and I feel confident that I can go out and run the workshops.'

Her husband heard about the dinner and his and Laura's relationship has become so much better. Laura has since completed her term of office at MU and during the handover of positions – a big event in PNG – Laura's husband told her successor's husband to support his wife because it would make for a better marriage and he would learn to be proud of her.

Kenya, Uganda, Rwanda, Tanzania, Jerusalem and the Middle East

Trustee: Mary Kamwati
Mothers' Union members: 1,019,591 **Population:** 573 million
Main languages: Kihyarwanda, English, Swahili, Luganda, Arabic, Hebrew

MULOA has had a big impact in our zone. Mindsets have been changed and members have learnt to listen to one another, understanding people's challenges and then act wisely and positively. Communities have been helped as a whole rather than just individuals. Mothers' Union is reaching out to children and youths through schools, giving talks on hygiene and relationships. They are also counselling parents in the community, especially on issues such as early child marriage.

Ugandan MU coordinators holding the 2020 Make a Mother's Day seeded cards

Stories of change

In Awor, Uganda, some of the Mothers' Union members were living in grass-thatched houses. These would usually set fire in the dry seasons, burning all of their food and belongings and leaving the members feeling physically and spiritually downhearted. Also, because the fires were occurring at a time when members' could sell their crafted products for a higher price, they were only getting income in the low season and therefore not making as much money as they could because the products would burn in the fires.

A decision was made amongst the members to form home-based fellowship groups and pool money rotationally to benefit one member at a time. So far, three iron-roofed houses have been built out of the money from the rotational funds. They also decided to help each other tend to their gardens in order to boost their yield and this has empowered members with new skills.

Central Africa, Nigeria, South Sudan, Sudan, Southern Africa

Trustee: Thembsie Mchunu
Mothers' Union members: 259,168 **Population:** 419 million
Main languages: English, Nguni, Portuguese, Dinka, Arabic, Shona, Yoruba, Abon

Members delivering groceries

Listening has played a crucial role and had a major impact amongst members in our zone since the inception of MULOA. Members have learned to listen carefully to others and act according to what they have heard. Mothers' Union is now able to mobilise relevant government structures as well as NGOs to intervene and help the communities in need. Communities are also encouraged to use their skills as well as their available resources to sustain themselves.

Top of the agenda for our zone is starting to work with Green Anglicans to combat climate change and prevent/prepare for natural disasters. Monitoring, Evaluation & Learning (MEL) is new to our zone and another high priority for us. In the past we haven't accurately been able to collect the statistics of lives transformed by our initiatives so this is something we are going to improve on.

Stories of change

At a Mothers' Union conference in the Province of Eastern Cape, South Africa, the disability division at the Department of Education presented a heart-breaking story about an eight-year-old girl, Sibabalwe Mene, who was born physically challenged with her leg not fully developed.

MU pledged to help by raising funds for a prosthetic leg for Sibabalwe to make her life easier and give her more confidence. They are also engaging with the local municipality, as well as Human Settlements MEC, to provide her family with proper shelter. A parish in Fort Beaufort donate groceries to the family on a monthly basis.

After Sibabalwe received her prosthetic leg, it brought back a smile to her face and hope for change and a brighter future. She is now able to play with other children her age.

Burundi, Congo, Indian Ocean, West Africa

Trustee: Marie-Pierrette Bezara
Mothers' Union members: 56,599 **Population:** 204 million
Main languages: French, Kirundi, English, Malagasy, Creole, Lingala, Swahili

Members in Zone F are more engaged since MULOA and are energised in their relationships with God and each other. Many individuals and families are in loving and flourishing relationships and communities are starting to work together to bring about change. Some groups of people who have been excluded in their communities are becoming more self-reliant with the help of Mothers' Union projects and programmes.

Members have been able to interact with each other at sharing days across all levels - branch, diocesan and provincial. They are now meeting regularly, at least once a month.

The biggest challenge in our zone is social injustice and so tackling this is our priority for 2020.

Vetiver – a fast growing grass which preserves the soil during the rainy season

Stories of change

Every year, Madagascar is affected by cyclones that wreak havoc in the communities they hit, including flooding and devastation to homes, land and livestock. On the other hand, due to environmental changes, other parts of the country are suffering from repeated drought, with agriculture and livelihoods greatly affected and households struggling to survive.

Mothers' Union Community Development Coordinators and Diocesan Development Coordinators were trained in building community resilience techniques in July 2018. They are now implementing further training in their dioceses.

In the Diocese of Mahajanga, communities experience both drought and flooding. The diocese is addressing the issue of environmental preservation. They have chosen a special grass called Vetiver, which is fast growing and preserves the soil during the rainy season. After the Vetiver is uprooted, trees are planted in the same place – specifically trees that fertilise the soil and which store water in their trunks. These trees will also provide great barriers at cyclone time.

This is just one example of how Mothers' Union is working with communities to prepare them for disasters, while at the same time continuing to help families transform their own lives.

Canterbury

Trustee: Nikki Sweatman
Mothers' Union members: 29,288
Population: 40 million (Province of Canterbury), 741 million (Europe) **Main languages:** English

Part of a Metamorphosis taster day

MULOA has encouraged the members to reengage with their faith and with Mothers' Union. It is empowering some to lead sessions and is helping them to see a wider role than just organising a branch meeting with a speaker. In some places, it has also had a positive impact on relationships between churches and MU because we are engaging with church membership in a way that both can be involved in personal growth and faith-based growth.

There are significant local initiatives which are life-changing, in that direct liaison enables those we help to feel loved and valued, or equally importantly, helps financially or with a difficulty which needs to be overcome. The main projects we are focusing on this year are modern day slavery and Metamorphosis – our UK approach to church and community mobilisation.

Our biggest priorities in 2020 are to develop members to take on leadership roles (empowering and enthusing them) and we want Mothers' Union to get better known across society, and demonstrate that our initiatives are of high value, especially to those who would like to be involved.

Stories of change

In the Diocese of Canterbury members became aware of a girl starting secondary school without the correct uniform. This had the effect of her not being able, or wanting to attend school. She was also a carer for a family member, which in itself set her apart from her peers. She felt different and undervalued so members were able to provide the funds to help purchase her uniform (in partnership with Action for Children).

This had an impact on her whole family and she felt a sense of "being normal" in the respect of her uniform. Members were able to boost her self-esteem showing that even small acts can have a profound impact on learning and peer successes.

York

Trustee: Catherine Hilton
Mothers' Union members: 18,025
Population: 16 Million
Main languages: English

istock.com/Boonyachoat

Giving hope to prisoners in the Diocese of Durham

MULOA has had a really positive effect on rejuvenating the members in this zone and has enabled the continuance and even reopening of some branches in the Province of York. However, our biggest challenge continues to be a decreasing membership and we only have a small number of "active" members in the zone.

Mothers' Union is making the greatest impact in its communities by working in collaboration with other organisations to provide resources for various needs. Close relationships are developing between the Church and communities.

Leadership development is one of our biggest priorities for 2020 as it is fundamental to the future of the movement at all levels. Improving our communication is also key and we are making the membership more aware of Mothers' Union as a whole organisation and where members in Zone H fit in.

Stories of change

Female prisoners in Durham were lacking direction and hope for the future. The local Mothers' Union were approached by the prison warden and members volunteered to set up an MU branch. It received backing by the prison chaplain and 15 members now meet on a monthly basis.

Knowing that there are individuals who will show unconditional love and concern to these prisoners has given them a sense of hope for their future lives. The branch has made a tremendous difference to the outlook of all those involved. The initiative has gained major recognition, culminating in MU being invited to participate in a meeting at the House of Lords during Prisons Week in October 2020.

All-Ireland

Trustee: June Butler
Mothers' Union members: 7,000
Population: 6.7 million
Main languages: English, Irish

Members throughout All-Ireland meet frequently in branches and at diocesan and All-Ireland events to share their ideas and experience, learn from others - especially through the MULOA process - and thus develop ways of working more effectively in their communities.

In Ireland Mothers' Union is helping the needy (individuals and families), the elderly, prisoners and their families and all types of vulnerable people. Probably our greatest impact in recent years has been in raising awareness of gender-based violence especially through annual services and events to support the 16 Days of Activism campaigns, our work alongside Women's Aid and providing necessities for women and children in refuge centres.

In September 2020 the Mothers' Union Annual Gathering (the new name for the General Meeting) will be at the ICC Belfast.

Annual Gathering venue, ICC Belfast

Stories of change

The Widow's Friendship Group was founded in 2001 in the Diocese of Derry and Raphoe by a member who ran monthly meetings in her home. Early in 2016, she was approaching her 90th birthday and was beginning to find this challenging. As Cathedral House had been recently refurbished it was felt that this would be an appropriate alternative meeting place. However, this required transport and assistance with refreshments.

Members in Templemore Branch were invited to help with both and a rota formed. Maisie, the founder of the group commented, 'I started the group to help a recently widowed friend to cope with her loneliness and I wanted it to carry on supporting those who are lonely. Moving to Cathedral House was ideal and the MU have been fully supportive in providing transport and refreshments'.

MU members are still giving generously of their time and effort and the group have been able to have outings to flower festivals, afternoon tea, Christmas lunch and special church services. 'The fellowship and courage provided by the group have been a great inspiration in a difficult time,' said one of the group members, Margaret.

It has had a very positive impact. Mothers' Union's name has been getting out and people now know who we are and what we do.

Scotland

Trustee: Paul Hindle
Mothers' Union members: 497 **Population:** 5.4 million
Main languages: English, Gaelic

Mothers' Union in our zone is making the greatest impact through Away From It All (AFIA) holidays, prison work and various types of support to patients in hospitals. Members were providing toiletries for released prisoners, but discovered they were having to use paper towels, so set about collecting towels to meet this pressing need.

Two dioceses have been involved in the MULOA process so far and we are rolling it out further in 2020 within the rest of the zone so that members can become more aware of the effect they can have in their communities.

Stories of change

In 2019 the Diocese of Glasgow & Galloway collaborated with Women's Aid and the Field Study Centre in Millport providing a successful 48-hour trip to Great Cumbrae. Seven single-mum families affected by domestic violence were enabled to experience a safe and peaceful environment, practise outdoor skills and have fun with new friends, leaving them all feeling stronger with a positive outlook for their future.

Wales

Trustee: Jenny Barton
Mothers' Union members: 5,665 **Population:** 3.2 million
Main languages: English, Welsh

MULOA is starting to be recognised and members are beginning to look at what they have been doing for a long time, in a new way. The impact is starting to be felt in most areas, however in one diocese it has enabled branches threatened with closure to remain open and one which needed to close was able to keep its members by transferring them to diocesan or indoor members.

Each diocese in the Province of Wales has projects involving their local community which are having a profound impact on people in hospital or prison, and the homeless.

One of the biggest challenges in our zone is a lack of transport for members and I see the biggest priority as leadership training – this would be beneficial at all levels.

Joined-up prayer

Join Mothers' Union members worldwide as we support families and projects around the globe in prayer.

Prayer is central to our work as Mothers' Union and each day, at midday, members all over the world pause to pray. The Wave of Prayer is a continuous expression of our commitment in prayer to each other, which runs throughout the year and encompasses all the places in which we are represented.

You can use these daily prayers to join this 24/7 Wave of Prayer around the globe, praying for the dioceses in turn. The calendar is divided into three-day sections when we pray for a group of dioceses. On one day of the week there is a Bible verse which you can reflect on and take the opportunity to pray for aspects of the work of Mothers' Union worldwide to which you are drawn at the time.

As we play our part in sustaining the Wave of Prayer, we can do so with confidence, knowing our prayers have meaning and power. We can be encouraged, too, by knowing that throughout the world there are others who, in the same way, are praying for us. And now that *Families Worldwide* is translated into French, South American Spanish and Kiswahili it's even easier for us to pray for each other.

We always thank God for all of you and continually mention you in our prayers.

1 Thessalonians 1:2

Jesus, Lord of life, by the power of your word and through your actions of love, call us to be your disciples. Give us strength to be different, to stand up for justice and peace and be signs of your reconciling love for all.

God of grace, enable your servants to carry out your mission on earth through the work of Mothers' Union worldwide. Today we pray for *
*see the Wave of Prayer diary.

We pray for all members. May God be with them in every part of their lives, encouraging them and leading them, sheltering and strengthening them so they may work to your praise and glory. **Amen**

Tranquillity

1-4 July 2020

Wednesday 1st

God of peace, forgive us when we struggle through life in a state of turmoil. Help us to stop, be still and know that you are God, and allow your Spirit to fill our own spirits with serenity and calm.

Thursday 2nd

Loving Lord, we pray for all children who are being raised in families where there is disorder and chaos, whether because of outward circumstances or because of chaotic relationships.

Friday 3rd

Truly, sacred rest is soul care. We honour quiet time alone with God. We intentionally step away from the chaos of life. We unplug from noise and distractions. We relish moments of tranquillity. *Dana Arcuri, Christian Writer*

Saturday 4th

We pray today for those for whom the demands of life allow them little opportunity for relaxation. May God give them peace and a tranquil spirit that they may find rest and refreshment in the midst of the busyness.

Wave of Prayer

1 July: Eastern Zambia in Zambia; **Mombasa** in Kenya; **Gwagwalada & Ekiti-West** in Nigeria; **Leicester** in England and **Temotu** in Solomon Islands

2-4 July: Renk in South Sudan; **Cyangugu** in Rwanda; **Arochukwu/Ohafia & Ile- Oluji** in Nigeria; **St Andrews, Dunkeld & Dunblane** in Scotland and **Sittwe** in Myanmar

Hope and confidence 5-11 July 2020

Sunday 5th
We who have fled to God for refuge can have great confidence as we hold to the hope that lies before us. This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary. *Hebrews 6:18-19 (NLT)*

Monday 6th
Heavenly Father, thank you that we live in hope and are bound together through your love. Help us work together to make the world a place where your love is shown through loving, respectful, and flourishing relationships.

Tuesday 7th
Faithful God, we praise you for your steadfast love and the truth of your eternal Word; the rock on which to build our lives in steadfast hope and confidence. Help us to spread your hope to every corner of the earth by sharing your good news and promoting all that makes for peace.

Wednesday 8th
Today and all days may our hope and confidence in God be the means by which we reach out to those whose present lives are bleak, to help them build a positive future. Amen

Thursday 9th
No matter what I face today, I live in the sure hope that comes from you, Lord, with the knowledge and confidence that you are with me and that all things are possible in your strength.

Friday 10th
We pray for all who feel hopeless, for the sick, those in trouble or fearful for their future. We pray that they may receive your healing love and the gift of hope that comes from knowing you.

Saturday 11th
May we always walk in the hope of Christ and have the confidence to trust in God's abiding love. May we be so filled with your love that we become bold disciples of your truth, helping bring hope and confidence to others so that we can transform our world.

Wave of Prayer

6-8 July: Wad Medani in Sudan; **Kondoa** in Tanzania; **Ikwo & Remo** in Nigeria; **Montreal** in Canada and **the Windward Islands** in St Lucia, Grenada, St Vincent & The Grenadines

9-11 July: El Obeid in Sudan; **Butere** in Kenya; **Nnewi** in Nigeria; **London** in England and the **Province of the USA**

Heart for worship

12-18 July 2020

Sunday 12th

I will praise you, O Lord, with all my heart; I will tell of all your wonders.
I will be glad and rejoice in you; I will sing praise to your name, O Most High.
Psalm 9:1-2

Monday 13th

Holy, holy, holy Lord! May my soul sing your praise forever! Mere words cannot express the sheer joy I feel from loving you. Blessed be your name forever.

Tuesday 14th

The highest form of worship is the worship of unselfish Christian service. *Billy Graham, US Evangelist.* I come just as I am Lord, ready to worship you. Take all that I am and mould me into the person you designed me to be, so that my life can be lived in worship and service to you.

Wednesday 15th

You alone are the Holy One, you alone are the Lord. Let heaven and earth join together in worshipping you, for you alone are worthy of our praise.

Thursday 16th

Lord, keep me worshipping with every breath I take. Remind me daily to let my spirit focus on you, so that I allow your will to inform every action I take.

Friday 17th

Lord, forgive us for times when we are swayed by our mood or events and our love for you shines less brightly. May the whole of our lives be an offering of worship to you, as we seek to put you first in everything.

Saturday 18th

Dear Lord, take my moments and my days whether busy or quiet, joyful or sad and let them be full of praise for you. Amen. (*A prayer to say when waiting (for the bus, in the checkout queue, stuck in traffic etc.)* My life belongs to you, Lord, and I love you with all my heart.

Wave of Prayer

13-15 July: Toliara in Madagascar; **Mbale** in Uganda; **Zaria & Ndokwa** in Nigeria; **Rochester** in England and **Chhattisgarh** in India

16-18 July: Lake Malawi in Malawi; **Byumba** in Rwanda; **Jalingo** in Nigeria; **St Edmundsbury & Ipswich** in England and **Lucknow** in India

Building resilient lives 19-25 July 2020

Sunday 19th
Remember that the Lord your God gives you the strength to make a living. That's how he keeps the promise he made to your ancestors. *Deuteronomy 8:18 (CEV)*

Monday 20th
Persistence and resilience only come from having been given the chance to work through difficult problems. *Gever Tulley, US Writer & Educator.* Lord, please enable us to help others to work though their difficulties so they may build resilience in their lives.

Tuesday 21st
God has given us the most wonderful gift; the knowledge that he loves us, just as we are. We are able to deal with anything in our lives because of the resilience that grows from the power of his love.

Wednesday 22nd
Loving Lord, we pray that individuals, families and communities may be transformed into ones of resilience and prosperity through the work of Mothers' Union across the world.

Thursday 23rd
Lord, we give thanks that you are the one true constant in an ever-changing world. Please be with us in the situations we face today and give us the resilience we need to cope with setbacks and accomplish the things you have set before us.

Friday 24th
God of provision, we pray today for the means to build resilience and self-sufficiency in those whose strength is sapped by the demands of life and the relentlessness of the everyday.

Saturday 25th
Dear Lord, thank you that you are a place of sanctuary and shelter whatever may be going on in my life. Empower me with your Holy Spirit so that I can step out into the world with confidence, filled with your redeeming love. Amen

Wave of Prayer

20-22 July: Gitega in Burundi; **Murag'a South and Mbeere** in Kenya; **Enugu North** in Nigeria; **Polynesia** in Tonga and **Jaffna** in India

23-25 July: George in South Africa; **Bungoma** in Kenya; **Western Tanganyika** in Tanzania; **Ideato** in Nigeria; **Sodor & Man** in Isle of Man and **Toronto** in Canada

Living by God's Word 26 July-1 August 2020

Sunday 26th
Jesus said: The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.' *Matthew 4:4 (NLT)*

Monday 27th
Loving Lord, as we read your Word today give us enquiring minds and open hearts. Make us ready to respond to its challenge and to embrace its vision. In every circumstance of our lives may the Bible be a lamp for our feet and a light for our path.

Tuesday 28th
We must allow the Word of God to confront us, to disturb our security, to undermine our complacency and to overthrow our patterns of thought and behaviour. *John Stott, 1921-2011, Anglican Priest & Theologian*

Wednesday 29th
Lord God, we thank you for the various ways that we as Mothers' Union are using Bible studies to discern your leading in our church and community initiatives. We pray that you will continue to open up the truths contained in your Word as we reflect upon it with openness.

Thursday 30th
Lord, we pray for those who distribute your Word where it is dangerous to supply the Bible. As they provide for those who long for the scriptures may your Holy Spirit guide and protect. We pray for the time to come when your Word finally reaches all corners of the earth.

Friday 31st
We thank God for the power of his Word, which is living and active in our lives; which fills us with his strength and light. We thank God, for Jesus, the living Word. May he forever dwell amongst us, uniting us together; touching our lives with his enduring grace and truth.

AUGUST
Saturday 1st
Take some time today to reflect on a passage of scripture. Ask God to show you new truths and give you inspiration as you read and pray.

Wave of Prayer
27-29 July: Northern Zambia in Zambia; **Mpwapwa** in Tanzania; **Gusau & Osun** in Nigeria; **Sydney** in Australia and **Rayalaseema** in India

30 July-1 August: Boga in DR Congo; **Manicaland** in Zimbabwe; **Tanga** in Tanzania; **Ogoni** in Nigeria; **Carlisle** in England and **Melbourne** in Australia

Rest for body and soul 2-8 August 2020

Sunday 2nd
The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. Surely goodness and mercy will follow me all the days of my life and I will dwell in the house of the Lord forever. *Psalm 23:1-2, 6*

Monday 3rd
We thank you, Lord, for rest and relaxation; for opportunity to withdraw from the busyness of life. We ask today that, however full our time may be, you will give us spiritual refreshment to nurture faith in our souls.

Tuesday 4th
I saw that God is our true peace... He watches over us when we can find no rest... So God is our sure rock, and he shall be our whole joy, and make us changeless as he is, when we reach heaven. *Julian of Norwich*

Wednesday 5th
Gentle God, breathe love within us, breathe love between us. From one moment to the next you hold us in the palm of your hand. Be with us today and with all who are in need of refreshment and your never-ending love.

Thursday 6th
We pray for those who are weary and burdened; those worn down by the cares of life. May their hope and strength be renewed by the gentle grace of God and may they find rest in his loving presence.

Friday 7th
Loving Lord, we pray for all who give of themselves; selflessly caring for their neighbour and shining the light of Christ in this world. May they also know moments of rest and repose; drawing aside from the demands of the world to be refreshed in the presence of God.

Saturday 8th
Lord today let me just sit quietly and still in your presence, listening for the breath of your Spirit and conscious of your overwhelming love for me, your child.

Wave of Prayer
3-5 August: Juba in South Sudan; **Kitale** in Kenya; **Minna & Lagos** in Nigeria; **Moray, Ross & Caithness** in Scotland and **Madurai-Ramnad** in India

6-8 August: Northern Malawi in Malawi; **Eldoret** in Kenya; **Ngbo & Akure** in Nigeria; **North West Australia** in Australia and **Aipo Rongo** in PNG

Mothers' Union family 9-15 August 2020

Sunday 9th Mary Sumner Day

May God our Father and the Lord Jesus Christ give you grace and peace. We can't help but thank God for you, because your faith is flourishing and your love for one another is growing. *2 Thessalonians 1:2-3 (NLT)*

Monday 10th

Loving Father, we join with our family across the world, with one voice, to glorify your name. May we be united in purpose; inspired with faith for the present and envisioned for the future. Amen

Tuesday 11th

Mothers' Union has helped me to draw closer to God because everything that I do is so closely linked with prayer and faith. It is about being a member of a larger family who work and pray together. *Mothers' Union member*

Wednesday 12th

How wonderful to be part of a family, stretching out across the world, bound together by our aim to support family life. As we share in the diversity of cultures in our Mothers' Union family, may God guide us to understand the lives of others.

Thursday 13th

Loving Lord, we give thanks for the privilege of service within the family of Mothers' Union worldwide. Unite us as family with hope and resolve to continue to reach out as your hands across the world.

Friday 14th

Our love of God holds the Mothers' Union family together. Lord, help us as a family to support each other and those we serve, following Jesus who asked us to love each other as he has loved us. May we all, through our faith and service, welcome others into our family.

Saturday 15th

Lord, we thank you for the love and friendship which surrounds us as we live out our faith in the worldwide family of Mothers' Union.

Wave of Prayer

10-12 August: Niassa in Mozambique; **Masindi Kitara** in Uganda; **Langtang & Esan** in Nigeria; **North Queensland** in Australia and **Kolhapur** in India

13-15 August: Natal in South Africa; **Kajiado** in Kenya; **Okigwe & Western Izon** in Nigeria; **Nova Scotia & Prince Edward Island** in Canada and **Toungoo** in Myanmar

Have your say

In 2021 we will be offering an exciting new publication as part of your membership to Mothers' Union! We will be sending a magazine directly to all our members in Britain and Ireland for the first time ever, updating you on news and events, inspiring you with stories of change and thanking you for the difference you make to so many lives around the corner and around the world.

We would really like to hear from as many of our members as possible so please visit **www.bit.ly/publicationquestionnaire** and fill out this questionnaire by 31 July 2020.

Mothers' Union – 4 million

members around the world

Mothers' UNION
Christian care for families

Resources to support us in challenging times

As our members and their families around the world face self-isolation and lockdown, due to COVID-19, we know how important it is for us all to remain as active as we can, both physically and mentally.

We have produced resources to help combat feelings of loneliness, to nourish faith, and to help you continue to feel connected to your friends and community.

Please visit:
www.mothersunion.org/resources-support-us-challenging-times

Seasons of life

16-22 August 2020

Sunday 16th

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. *Psalm 139:14, 16*

Monday 17th

Lord, may I view the wonder of each day through the eyes of a child and appreciate the innocence and excitement that spring from childhood thoughts, words and deeds.

Tuesday 18th

As childhood develops into adolescence, may the spirit of hope live within and the endless possibilities of life come to the fore. Thank you, Lord, for the expectancy and the possibilities that accompany this season of life.

Wednesday 19th

In our summer season we draw strength and develop the fruits of the Spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Lord, may that sense of sunshine continue to glow in our hearts.

Thursday 20th

Don't judge each day by the harvest you reap but by the seeds that you plant. *Robert Louis Stevenson.* We celebrate our seed sowing and harvest and give gratitude for the many gifts we are all able to contribute to our families, friends and communities.

Friday 21st

Winter is a time to rest and reflect. Tune our hearts, Lord that we may see thee more clearly, love thee more dearly and follow thee more nearly day by day. Thank you for making each season a gift and beautiful in its own time.

Saturday 22nd

To everything there is a season, and a time to every purpose under the heaven. *Ecclesiastes 3:1.* Loving Lord, we place our hands in yours to step through each season, and we trust in your abiding love and faithfulness as you guide us through each seasonal transformation.

Wave of Prayer

17-19 August: Kasai in DR Congo; **Shyira** in Rwanda; **Ijumu & Egba West** in Nigeria; **Liverpool** in England and **Sambalpur** in India

20-22 August: Central Zimbabwe in Zimbabwe; **Lango** in Uganda; **Kebbi** in Nigeria; **Tamale** in Ghana; **Sheffield** in England and **Guadalcanal** in Solomon Islands

Ethical matters 23-29 August 2020

Sunday 23rd
Our purpose is to do what is right, not only in the sight of the Lord, but also in the sight of others. *2 Corinthians 8:21 (GNT)*

Monday 24th
Lord, there is so much in the news that seems to us to be wrong; help us to speak out when we can, to set an example and be brave in the face of opposition. Help us to hold fast to your ways and not be swayed by popular opinion.

Tuesday 25th
Ethics is knowing the difference between what you have a right to do and what is right to do. *Potter Stewart, US Judge, 1915-1985.* God of justice and mercy, may we always have the strength to follow your path of righteousness.

Wednesday 26th
We pray for wisdom and discernment to see the right way forward in discussion when we are caught in ethical dilemmas. May the Holy Spirit guide us to make decisions in accordance with God's will.

Thursday 27th
Righteous Lord, we pray for your world where so many people are disadvantaged. Help us to make right decisions even when it may cost more or take longer than unethical alternatives.

Friday 28th
We pray for all those suffering from unethical trading, dealing and lifestyles. For children labouring too long and too young in appalling conditions. For girls and women caught up in the sex trade and trafficking. For parents who, in trying to help themselves and their families, become victims of modern-day slavery.

Saturday 29th
Lord, help us to listen to and understand those with different views on ethical matters. We accept that often there is no right answer; guide us to choose the best way forward where all ways are flawed.

Wave of Prayer
24-26 August: Saldanha Bay in South Africa; **Karamoja** in Uganda; **Udi & Etsako** in Nigeria; **Wellington** in New Zealand and **Yangon** in Myanmar

27-29 August: Matabeleland in Zimbabwe; **Mount Kenya Central** in Kenya; **Niger West** in Nigeria; **Wangaratta** in Australia; **Clogher** in All Ireland and **Hpa-An** in Myanmar

New chapters 30 August-5 September 2020

Sunday 30th
The Lord will protect you and keep you safe from all dangers.
The Lord will protect you now and always wherever you go. *Psalm 121:7-8 (CEV)*

Monday 31st
Loving Lord, we entrust to your care all children and students stepping onto fresh paths at this time. May you be their constant guide as each new chapter begins.

SEPTEMBER
Tuesday 1st
We pray for all who work in our schools and colleges. May they be blessed with enthusiasm and energy, wisdom and discernment as they face the glories and the challenges of each chapter during this academic year.

Wednesday 2nd
Faithful Lord, when we start exciting new chapters in our lives may our sense of partnership with you root deeply and grow through all new possibilities.

Thursday 3rd
Faithful Lord, when we face challenging new chapters in our lives please consume our fear and darkness and draw us to your love as we place our hands in yours - trusting you with all new possibilities.

Friday 4th
Faithful Lord, as each new chapter unfolds may we have strength to bear our joys and sorrows, the strength to look outwardly and support integrity whilst tackling injustice, the strength to discern and listen to your still small voice as we trust in your unfailing love.

Saturday 5th
Disturb us, Lord, to dare more boldly, to venture on wilder seas where storms will show your mastery; where losing sight of land, we shall find the stars. *Sir Francis Drake, Elizabethan Admiral.* Lord, may our lives mirror your story as we entrust you with the script for each new chapter.

Wave of Prayer

31 August-2 September: Harare in Zimbabwe; **Machakos** in Kenya; **Ogori-Magongo & Ekiti** in Nigeria; **Southwark** in England and **Phulbani** in India

3-5 September: Khartoum in Sudan; **Dar es Salaam** in Tanzania; **Bari & Ilesa** in Nigeria; **Gloucester** in England and **Dugapur** in India

Learning and sharing 6-12 September 2020

Sunday 6th
Be strong in the grace we have in Christ Jesus. You should teach people whom you can trust the things you and many others have heard me say. Then they will be able to teach others. *2 Timothy 2: 1-2 (NCV)*

Monday 7th
Father, may we learn to stop and listen to your Word, to hear your voice and follow your path in our lives. Help us to learn from your example, what is most important in life – faith, hope and love, and share this message with all.

Tuesday 8th
Loving Lord, may we always find time to listen and learn from each other and, as we reflect on new issues, to grow in knowledge and wisdom.

Wednesday 9th
Generous God, each of us have developed gifts that you have given to us. May we always be ready to share these gifts in the world around us that many may be helped to enjoy full and rewarding lives.

Thursday 10th
Learning is the only thing the mind never exhausts, never fears, and never regrets. *Leonardo da Vinci, 1452-1519.* Learning never ends, it is a continuous journey. May we always be eager to learn new skills and share our experiences.

Friday 11th
Lord, please help all those for whom education is a struggle because of their particular needs. May they have gifted and caring teachers who can unlock their ability to understand and introduce them to the joy of learning.

Saturday 12th
We give thanks for the success of the Mothers' Union Literacy and Financial Education Programme in different countries. We pray for those whose lives are being transformed, for all our facilitators and for ongoing provision to support this vital work.

Wave of Prayer

7-9 September: Pacong in South Sudan; **Southern Nyanza** in Kenya; **Kutigi & Ijesha North** in Nigeria; **Bristol** in England and **Karnataka Central** in India

10-12 September: Pretoria in South Africa; **North Mbale** in Uganda; **Oke-Osun** in Nigeria; **Exeter** in England and **Barbados**

Fruitfulness 13-19 September 2020

Sunday 13th
Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. *John 15:4-5*

Monday 14th
The amount of time we spend with Jesus - meditating on his Word and his majesty, seeking his face - establishes our fruitfulness in the kingdom. *Dr Charles Stanley, US Pastor*

Tuesday 15th
May Christ live in our hearts by faith, may we be rooted in his love, and may our lives show the fruits of his Holy Spirit today and every day.

Wednesday 16th
I pray that as Christ lives in me and I in him that I will become a branch that bears much fruit. May I grow in grace and increase in Christlikeness daily that in every area of my life I may be more fruitful and grow to be more like Jesus.

Thursday 17th
Loving Lord, help us to be fruitful in our work for Mothers' Union. To grow initiatives that bring hope to the vulnerable and the downhearted, bringing new life where there is often despair.

Friday 18th
Holy Spirit, this day breathe life into me, to bring to birth the seeds of love, peace and compassion you have planted in me. Nurture me into maturity and fruitfulness for the sake of all around me.

Saturday 19th
We thank you Lord that the seeds planted by Mary Sumner have flourished and grown throughout the world. We may not always see the results of work begun, but we pray that the power of your Holy Spirit will continue to bring to maturity the seeds that are planted.

Wave of Prayer

14-16 September: Mthatha in South Africa; **Namirembe** in Uganda; **Pankshin & Sabongidda-Ora** in Nigeria; **Dublin & Glendalough** in All Ireland and **Central Solomons** in Solomon Islands

17-19 September: Buye in Burundi; **Sebei** in Uganda; **Abakaliki & Ekiti-Oke** in Nigeria; **Southwell & Nottingham** in England and **Belize**

Peace and safety 20-26 September 2020

Sunday 20th
In peace I will lie down and sleep,
for you alone, Lord, make me dwell in safety. *Psalm 4:8*

Monday 21st
God of peace, please give hope to your people who live in countries where there is conflict. May they find safety in the midst of circumstances we cannot begin to imagine.

Tuesday 22nd
I believe God, through his Spirit, grants us love, joy and peace no matter what is happening in our lives. As Christians, we shouldn't expect our joy to always feel like happiness, but instead recognise joy as inner security – a safeness in our life with Christ. *Jill Briscoe, Author*

Wednesday 23rd
We pray for our members across the world in conflict and post-conflict situations. May they open the way for peace and reconciliation through their practical, emotional and spiritual support to survivors of violence and those displaced by civil war.

Thursday 24th
We pray for those who advocate with politicians and decision makers at all levels to address issues of peace and safety. May they have a positive influence on all with whom they interact.

Friday 25th
We pray for our members across the world who gently facilitate, through hospitality and love, the reconciling of relationships in families and communities. We give thanks for their ministry of reconciliation, offered in safe and non-judgmental ways.

Saturday 26th
Lord Jesus, you greeted your disciples with the words, 'Peace be with you'. May we, too, hear your words and know your peace in our hearts today and always.

Wave of Prayer

21-23 September: Rumbek in South Sudan; **Soroti** in Uganda; **Aba Ngwa North & Oyo** in Nigeria; **Peterborough** in England and **North Eastern Caribbean & Aruba**

24-26 September: Makamba in Burundi; **North Karamoja** in Uganda; **Lokoja & Sapele** in Nigeria; **Truro** in England and **Tirunelveli** in India

Respect for the elderly 27 Sept-3 Oct 2020

Sunday 27th
Even to your old age and grey hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. *Isaiah 46:4*

Monday 28th
Lord, may you be the strength and support of all who care for the elderly people in their family and community. Give them the patience and wisdom to listen and to understand the real needs of those in their care.

Tuesday 29th
Today we pray for meaningful relationships between different generations. We ask that greater respect will result as each learn both about the challenges for today's young people and the changes the elderly people have lived through.

Wednesday 30th
We know, Lord that you do not cast us off in the time of old age, we know that you do not forsake us when our strength is spent (Psalm 71:9). Thank you for your faithfulness to us throughout our lives.

OCTOBER

Thursday 1st
We pray for elderly people who as a result of physical or mental health issues have difficulty with communication and everyday activities. May they receive the assistance they need in a way that retains their dignity and gives them respect.

Friday 2nd
The best classroom in the world is at the feet of an older person. *Andy Rooney, Journalist.* Lord, teach us to take time to share conversations, to listen and to respect the views of the older people we meet.

Saturday 3rd
Give thanks for the older people you know, or have known, who have given so much to their families, their churches and to Mothers' Union. Pray that we might follow their example of loving faithful service.

Wave of Prayer

28-30 September: Katanga in DR Congo; **Rwenzori** in Uganda; **Mbaise & Egba** in Nigeria; **Meath & Kildare** in All Ireland and **Tiruchirappalli Thanjavur** in India

1-3 October: Nzara in South Sudan; **North Kigezi** in Uganda; **Kivu** in Rwanda; **Damataru** in Nigeria; **Auckland** in New Zealand and **Vanuatu and New Caledonia** in Vanuatu

Bear each other's burdens 4–10 October 2020

Sunday 4th
Carry one another's burdens and in this way you will fulfil the requirements of the law of Christ [that is, the law of Christian love]. *Galatians 6:2 (AMP)*

Monday 5th
There is so much darkness in our world, Lord, it's hard to know how we can make a difference. Help us to see the world as you see it, to be aware of the needs of those around us and how we can be your hands, and feet on earth.

Tuesday 6th
We must support one another, console one another, mutually help, counsel, and advise, for the measure of every man's virtue is best revealed in time of adversity - adversity that does not weaken a man but rather shows what he is. *Thomas a Kempis, 1380-1471*

Wednesday 7th
Pray today for someone you know who is struggling in their daily life at the moment. Pray that their burden may be relieved and that they will receive and accept the help they need.

Thursday 8th
Pray today for your close and extended family and especially anyone who is unwell or unhappy for whatever reason. Reflect on what help you may be able to give or find for them.

Friday 9th
We pray for all who listen to those overwhelmed by worry and stress. May they have God-given wisdom and discernment to know how to support them; when to speak out and what to say to help in a meaningful way.

Saturday 10th
Picture the camel who could not go through the narrow gate, overburdened with luggage. Reflect on any excess "baggage" you may be carrying and pray that you may be able to shed them. Cast all your cares on the Lord. He will carry them so you may be free.

Wave of Prayer
5-7 October: Mbhashe in South Africa; **Kitgum** in Uganda; **Ukwa & Ilesa South-West** in Nigeria; **Tasmania** in Australia and **Central Melanesia** in Solomon Islands

8-10 October: Ethiopia; Zanzibar in Tanzania; **Awgu/Aninri** in Nigeria; **Freetown** in Sierre Leone; **Monmouth** in Wales and **Malaita** in Solomon Islands

Captivity

11-17 October 2020

Sunday 11th

When the Lord brought back the captives to Zion, we were like those who dreamed. Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, 'The Lord has done great things for them.' *Psalm 126:1-2*

Monday 12th

Heavenly Father, we remember all prisoners isolated from their families, especially those who never receive a visit. We pray for the work of our members who serve in various ways within the prison system.

Tuesday 13th

Today is the International Day for Education in Prison, so we pray for all who work in rehabilitation, teaching skills to enable prisoners to find a place in society on release and be kept from reoffending.

Wednesday 14th

We ask your blessing, Lord, on everyone who works within the prison service. Give them the strength to uphold justice with compassion, to ensure the welfare and resettlement of offenders. May they receive the support they need to succeed in their various roles.

Thursday 15th

Loving Lord, we pray for all imprisoned for their faith. May they be constantly aware of your presence with them and encouraged in the knowledge that they are being prayed for throughout the world.

Friday 16th

Hear, Lord, the prayer of those unjustly held captive. Prayers spoken through teeth clenched in fear, prayers courageously floating on a tide of despair, prayers that are a slender thread of hope. We join our voices with theirs in crying for freedom.

Saturday 17th

Heavenly Father, bring comfort to the families of prisoners, who are also serving a sentence in a different way. Give them courage and support in the present and hope for change in the future.

Wave of Prayer

12-14 October: Ezo in South Sudan; **Thika** in Kenya; **Jos & Akoko** in Nigeria; **Europe** and **União de Mulheres Episcopais Anglicanas do Brasil (UMEAB)** in Brazil

15-17 October: Terekeka in South Sudan; **Nairobi** in Kenya; **Maiduguri & Osun North** in Nigeria; **Edinburgh** in Scotland and **Calcutta** in India

Deprivation

18-24 October 2020

Sunday 18th

Do not withhold good from those to whom it is due, when it is in your power to act. Do not say to your neighbour, 'Come back tomorrow and I'll give it to you'– when you already have it with you. *Proverbs 3:27-28*

Monday 19th

Lord, open our eyes to see the deprivation around us, some of which is hidden behind an outward appearance of plenty. Give us the grace to reach out with compassion and in practical ways, whatever the cost to ourselves.

Tuesday 20th

Heavenly Father, we pray for children who have material riches but are deprived of love and attention. Please bring into their lives those who will give them quality time that they may emotionally flourish and be happy.

Wednesday 21st

We pray today for communities across the world who are engaging in church and community initiatives to counter deprivation by using well the resources they already have amongst them. We thank God for our members who are involved in these enterprises.

Thursday 22nd

Righteous God, we pray against regimes which unjustly deprive people of their freedom because of their political or religious beliefs. Please bring about change in these places that justice may prevail.

Friday 23rd

Loving Lord, we thank you for the provision for personal needs supplied by Mothers' Union throughout the world. We pray that each gift of practical supplies will clothe its recipient with dignity and be accepted as a token of God's grace.

Saturday 24th

We have mistaken the nature of poverty, and thought it was economic poverty. No, it is poverty of soul, deprivation of God's recreating, loving peace. *Thomas R. Kelly, 1893-1941*

Wave of Prayer

19-21 October: High Veld in South Africa; **Nambale** in Kenya; **Niger-Delta** in Nigeria; in **Guinea; Blackburn** in England and **Bhopal** in India

22-24 October: Kimberley and Kuruman in South Africa; **Kitui** in Kenya; **Kano & Kwara** in Nigeria; **Armidale** in Australia and **Myitkyina** in Myanmar

Celebrating the people of God 25-31 October 2020

Sunday 25th
Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. *Ephesians 1:4-6 (NLT)*

Monday 26th
Lord of history and eternity, we praise you for all your people through the ages – some famous names, others known only to a few – whose lives have shined as a light to those in darkness, guiding them into God's Kingdom.

Tuesday 27th
We give thanks today for those people who have led us in the way of Christ through their words and their actions. We pray that we, too, may be an encouragement to others as witnesses to the love and faithfulness of God.

Wednesday 28th
If you read history you will find that the Christians who did most for the present world were precisely those who thought most of the next. *C.S. Lewis, 1898-1963, Christian Writer*

Thursday 29th
Thank you, Lord, for those members of Mothers' Union who tirelessly serve you in ways unseen by many. May they be assured of God's love as they reflect his glory through their lives.

Friday 30th
We remember today with gratitude the unbroken Christian witness through the centuries, which has stayed strong even through times of hardship and persecution. We pray that this example will be an inspiration to us as we seek to stand firm in our faith in our own time.

Saturday 31st
God of laughter and joy, we turn to you on All Hallows Eve as our ancestors have over the years. Light the way of those celebrating tonight and enfold them in your love that they may know your grace, with all the saints in heaven.

Wave of Prayer
26-28 October: Malakal in South Sudan; **All Saints Cathedral** in Kenya; **Kontagora & Osun North East** in Nigeria; **Glasgow & Galloway** in Scotland and **Pune** in India

29-31 October: Luapula in Zambia; **Nakuru** in Kenya; **South Rwenzori** in Uganda; **Ibadan-North** in Nigeria; **Connor** in All-Ireland and **Pusan** in South Korea

International issues 1-7 November 2020

Sunday 1st
The Lord will mediate between nations and will settle international disputes. They will hammer their swords into plowshares and their spears into pruning hooks. Nation will no longer fight against nation, nor train for war anymore. *Isaiah 2:4 (NLT)*

Monday 2nd
We pray for all countries in this troubled world where violence and fear are part of everyday life. For the innocent victims driven from their homes and countries; the families split apart and the children who have lost their parents and security. Loving Lord, bless all who seek to help and care.

Tuesday 3rd
We pray for all who have international influence in business, industry and commerce. Lord, may there be people with your values who will work for justice and fairness for all nations rather than simply follow their own or a national agenda.

Wednesday 4th
We pray for the work of Mothers' Union to promote safety and education for all women. We lift up to God the Mothers' Union programmes undertaken by members across the world that lead to stability and understanding in their community.

Thursday 5th
We give thanks for all organisations that seek to bring peace to our world; and those that work to combat hunger, provide shelter, promote food security and ensure a safe supply of fresh water.

Friday 6th
As what happens in one country can ultimately bring problems for many others we pray that political leaders always consider the life and wellbeing of all who could be affected by their decisions. May we have real hope for a future of peace and understanding amongst all nations.

Saturday 7th
Pray today for countries and populations which are suffering hardship, loss and instability because of conflict, natural disasters, famine and the far reaching consequences of climate change.

Wave of Prayer
2-4 November: Lebombo in Mozambique; **Makueni** in Kenya; **Newala** in Tanzania; **Niger-Delta North** in Nigeria; **Riverina** in Australia and **North East India** in India

5-7 November: Antananarivo in Madagascar; **Taita Taveta** in Kenya; **Ikara & Ife** in Nigeria and **Argyll & The Isles** in Scotland

Memories 8-14 November 2020

Sunday 8th
I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds. *Psalm 77:11-12*

Monday 9th
Father, thank you for ancient places of prayer, for memories of long ago. Thank you that the faith which blossomed in these places has been passed on down the ages and is with us still.

Tuesday 10th
We pray for guidance for all parents with young children, as memories made at this precious time are important and will never leave them. May they be enabled to parent wisely so that children have positive childhood memories that equip them well for adulthood.

Wednesday 11th
As we reflect on our life, we have many memories engraved on our hearts. We thank you, Lord, for your gift of memory and the wisdom of years, as we remember these, knowing you have shared precious moments with us. May we continue to grow good memories in the years ahead.

Thursday 12th
Loving God, when our memories still have the power to wound us, help us to forgive, even as Christ forgives us. In all our remembering of painful times may we mirror Christ's example of forgiveness; may our memories be coloured with his grace.

Friday 13th
We remember those who have lost their memory through age or illness and all whose memories of the past are more vivid to them than the reality of the present. May they be cared for with compassion and kept safe from harm.

Saturday 14th
Enjoy good memories. But don't spend your remaining days here looking back, wishing for "the good old days". *Randy Alcorn, US Christian Author.* Lord, fill us with both thanksgiving for the past and faith in your plans for our future.

Wave of Prayer
9-11 November: Kadugli & Nuba Mountains in Sudan; **Kinkiizi** in Uganda; **Amichi & Igbomina West** in Nigeria and **Ottawa** in Canada

12-14 November: Ukhahlamba in South Africa; **Maseno West** in Kenya; **Oji River** in Nigeria; **Dunkwa-on-Offin** in Ghana; **Guildford** in England and **Coimbatore** in India

Power of prayer 15-21 November 2020

Sunday 15th
Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. *Philippians 4:6-7*

Monday 16th
Dear Lord, thank you for the knowledge and reassurance that each prayer connects us to your power. May your transforming power work within us to challenge, inspire and encourage us in hope and confidence as we bring our prayers to you.

Tuesday 17th
Lord, create in us fresh hearts of confidence and comfort as we share our fears and thoughts with you. May we listen for your loving insight to direct us along the right path when decisions lie before us.

Wednesday 18th
The power of prayer may not be easy to explain but it can be experienced. Let us thank God today for all the times we have felt others praying for us and have been supernaturally upheld in the loving arms of God, through their intercessions on our behalf.

Thursday 19th
Prayer is not overcoming God's reluctance but laying hold of His willingness. *Martin Luther.* Almighty God, we bring our prayers and petitions trusting in your readiness to hear and your power to answer.

Friday 20th
Lord, teach us to build hope and confidence through the power of prayer and the joy and courage it brings as we continue to seek your guidance in our steps to transform communities and radiate your love.

Saturday 21st
The light of God surrounds me; The love of God enfolds me; The power of God protects me; The presence of God watches over me. Wherever I am, God is! *James Dillet Freeman, a Unity Minister, written in 1940 as a prayer for protection*

Wave of Prayer
16-18 November: Iraq; Katakwa in Kenya; **Kafanchan & Asaba** in Nigeria; **Lincoln** in England and **Trinidad & Tobago**

19-21 November: Muyinga in Burundi; **Lake Rukwa** in Tanzania; **Okrika** in Nigeria; **St Asaph** in Wales; **Bendigo** in Australia and **Gujarat** in India

Gender justice 22-28 November 2020

Sunday 22nd
There is nothing hidden that will not be disclosed, and nothing concealed that will not be known or brought out into the open. *Luke 8:17*

Monday 23rd
Lord of heaven and earth, we pray for all to follow Christ's example of treating women with equality and respect. We pray for the dawn of a better world where justice and peace may flourish. Amen

Tuesday 24th
The impacts of gender injustice are experienced most severely by women and girls. Women may face discrimination at home and in the work place. They make up the overwhelming majority of the world's poor. *Side By Side, faith movement for gender justice*

Wednesday 25th
We pray today for the success of the Sustainable Development Goal to achieve gender equality and empower all women and girls. We give thanks for the advocacy of our members and all with whom we partner to raise awareness and bring challenge to those with influence.

Thursday 26th
God of righteousness, hear our prayers for the work of our members across the world to address the impact of gender injustice on women and girls. May they be filled with spiritual insight and practical resources as they work to bring about change for good.

Friday 27th
Lord, stir us into action and awaken our hearts to advocate and unite for gender justice. To create a just world filled with your love, a world where discrimination is challenged, the wealth of creation is shared and where people live in harmony and respect.

Saturday 28th
Loving Lord, who has called us to be the body of Christ, make us ready to act as his hands and feet in the world; to raise awareness of what must be challenged, and to address the plight of the vulnerable.

Wave of Prayer

23-25 November: Southern Malawi in Malawi; **Northern Uganda** in Uganda; **Lafia & Ilaje** in Nigeria and **Thoothukudi-Nazareth** in India

26-28 November: Zululand in South Africa; **Lodwar** in Kenya; **Isiala Ngwa South** in Nigeria; **Accra** in Ghana; **Bangor** in Wales and **Colombo** in Sri Lanka

Sunday 29th
The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. *Isaiah 9:2*

Monday 30th
Advent is a celebration of moving from darkness to light. Loving Lord, may we be light in a world where so many are still in darkness, through living in such a way which points others to you.

DECEMBER

Tuesday 1st
Advent is a time for waiting – waiting for the celebration of your coming among us. Lord of time and eternity, give us grace to wait patiently and to use the waiting time well. Fill our waiting with hope as we make ready to receive the Christ Child anew, with love and joy.

Wednesday 2nd
Advent is a gift: a time of giving and receiving. Loving Lord, in this Advent season we come with open hearts to receive a way to give our lives to the Saviour of the world.

Thursday 3th
In the busyness of preparing for the Christmas Season, help us to stay focussed on you and to be guided by you in all of our preparations that the Season may not be obscured by the commercial emphasis on Christmas. As we make our practical preparations, let us keep sight of the spiritual.

Friday 4th
Christ our Saviour, as we wait to celebrate your birth once more at Christmas, we also look forward to your second coming. Although we do not know when this will be, may we be ever ready for your coming again to the world in glory.

Saturday 5th
Advent is a door: a place where everyone is welcome. May we be assured of acceptance as we stand at the door of Advent with thankful hearts; ready to enter afresh into the wonder of salvation's story.

Wave of Prayer

30 November-2 December: Mpumalanga in South Africa; **Central Buganda** in Uganda; **Zonkwa** in Nigeria; **Bo** in Sierra Leone; **Newcastle** in England and **Barrackpore** in India

3-5 December: Akot in South Sudan; **South West Tanganyika** in Tanzania; **Aba & Irele-Ese Odo** in Nigeria; **Coventry** in England and **Cuttack** in India

Proclamation 6-12 December 2020

Sunday 6th
How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, 'Your God reigns!' *Isaiah 52:7*

Monday 7th
Lord, when we hear again the prophetic words of your messengers told many years ago, our faith is strengthened. We praise you as we contemplate their wonderful fulfilment through the coming of our Messiah, Jesus Christ.

Tuesday 8th
As the people blessed of God, we tell of your glory. We will be your messengers proclaiming your love and mercy to a world in need of a Saviour.

Wednesday 9th
Let us join our voices with the angels to sing of God's love for his people, and to proclaim his faithfulness. The good news that will cause great joy for all in every generation. 'Glory to God in the highest heaven, and on earth peace to those on whom his favour rests.'

Thursday 10th
Lord, help me to boldly speak the words of God out loud today, so that others can hear of your Good News and be inspired to respond in faith.

Friday 11th
God of salvation, awaken our souls; open our hearts as we make ready to proclaim anew the coming of our Lord Jesus Christ. May our voices join together to proclaim the advent of the Prince of Peace.

Saturday 12th
May every voice proclaim thy praise and every knee bow in thy presence. The tangible promise of our faith. May thy Charity, like a mantle, lift us to God on high.
Jessica Coupé, Author

Wave of Prayer

7-9 December: Namibia; Mount Kenya South in Kenya; **Northern Izon & Ijebu North** in Nigeria and **Durham** in England

10-12 December: Lusaka in Zambia; **Shyogwe** in Rwanda; **Sokoto & Ikka** in Nigeria; **Ely** in England and **Karimnagar** in India

Sunday 13th
A voice of one calling: In the wilderness prepare the way for the Lord; make straight in the desert a highway for our God. *Isaiah 40:3*

Monday 14th
Lord our Messiah, as we journey once more through Advent, thank you that we are not alone – we walk together with our fellow pilgrims, enjoying your loving presence as we travel towards the wonder of the nativity.

Tuesday 15th
Loving Lord, however many years we have made the journey through Advent, may we continue to find the way exciting and refreshing. Help us to be open to new challenges and inspiration, alongside finding comfort in the familiar delights.

Wednesday 16th
Lord Jesus, when our Advent journey becomes hard please give us the strength we need to overcome obstacles and difficulties along the path; whether these are problems of time, relationships or other complications.

Thursday 17th
When our Advent journey ends, and we reach the place where Jesus resides in Bethlehem, may we, like the Wise Men, fall on our knees and adore him as our true and only King. *Mark Zimmerman, Author*

Friday 18th
As we make our journey though Advent may we straighten out the pathways which lead us to the glory of the Lord. As we travel to worship our newborn King may we take each step with hope and joy.

Saturday 19th
When we can't see the way ahead, Lord, help us to trust you to lead us in the right way, to show us the path to follow. Please be our guide through Advent and beyond until we reach our eternal home.

Wave of Prayer

14-16 December: Fianarantsoa in Madagascar; **Central Tanganyika** in Tanzania; **Calabar & Igbomina** in Nigeria; **Derry & Raphoe** in All-Ireland and **Banks & Torres** in Vanuatu

17-19 December: Lui in South Sudan; **Embu** in Kenya; **Orlu & Awori** in Nigeria; **The Murray** in Australia and **Medak** in India

Nativity

20-26 December 2020

Sunday 20th

The time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn. *Luke 2:6-7*

Monday 21st

We pray for all for whom the celebration of Christmas is difficult; those who are ill, at home or in hospital, for the bereaved, the lost and the lonely. May they know the light of the Christ Child in their lives at this time.

Tuesday 22nd

In the busy world in which we live may God help us to make time to reflect on the coming of our Lord and Saviour Jesus Christ. May our hearts be open to receive fresh insight and understanding of the significance of the Nativity.

Wednesday 23rd

Thank you, Lord, that we can spend time with our families at this special time of year. We pray for those who will spend Christmas on their own; may they know the comfort of your love in their hearts.

Thursday 24th Christmas Eve

Christmas is a gift of love wrapped in human flesh and tied securely with the strong promises of God. It is more than words can tell, for it is a matter for the heart to receive, believe and understand. *Source unknown*

Friday 25th Christmas Day

'For to us a child is born, to us a son is given, and the government will be on his shoulders.' With wonder and joy we celebrate the Nativity of our Messiah, Jesus Christ.

Saturday 26th

We praise God for the truth of his word which draws us to the stable of salvation; the birthplace of our redeemer in all his hidden glory. As we gaze upon the Holy One our lives are filled with the joy of his love; a sacred gift to share abroad, that all may receive through faith.

Wave of Prayer

21-23 December: Archbishops, Bishops and all clergy in the Anglican Communion

24-26 December: Refugees, internally displaced families & those living in a climate of fear

Rejoice and reflect 27-31 December 2020

Sunday 27th
Mary treasured up all these things and pondered them in her heart. The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told. *Luke 2:19-20*

Monday 28th
As the shepherds rejoiced to see the Lord, may we too, be thankful for his presence in our lives. As the light of the angels shone on those shepherds, may the light of Christ shine on our lives and help us to overcome all the dark corners that are revealed.

Tuesday 29th
We pray for those who have not yet come to know Jesus as Lord. We pray for those for whom Christmas is just another excuse to overindulge. May this Christmas be the time when they experience your love in their lives.

Wednesday 30th
We rejoice together in fun and fellowship at this time of year; help us to share that joy and always be thankful for our many blessings. We pray for those for whom Christmas is a time of unhappiness and loneliness.

Thursday 31st
As one year ends and another begins, we give thanks for the things that have been good, we repent of what we have done wrong and we go forward, in trust, knowing that you, Lord, are by our side minute by minute, hour by hour and day by day.

Wave of Prayer

28-30 December: All involved with the responsibility of caring for & supporting family life

31 December: Mothers' Union Worldwide

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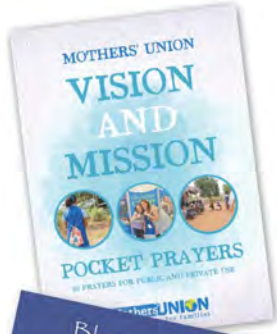

Mothers' UNION
Christian care for families

The Mary Sumner Prayer

All this day, O Lord,
let me touch as many lives
as possible for thee;
and every life I touch,
do thou by thy spirit quicken,
whether through
the word I speak,
the prayer I breathe,
or the life I live.
Amen.